

Friday

Chance of rain
Lo: 71°F
Hi: 93°F

Saturday

Chance of rain
Lo: 67°F
Hi: 86°F

Sunday

Mostly cloudy
Lo: 65°F
Hi: 84°F

Ceramic shop gets fired up

See Page 5



Airmen raise the bar in competition

See Page 1B



Sheppard Senator



Combat Capability Starts Here

Vol. 57, No. 33Sheppard Air Force Base, TexasAugust 20, 2004

President announces global posture changes for next 10 years

By John Banusiewicz
Armed Forces Press Service

WASHINGTON (AFPN) – The United States will redistribute forces now stationed at overseas locations “where the wars of the last century ended,” President Bush announced in Cincinnati on Monday. The president’s announcement came during an address to the national convention of the Veterans of Foreign Wars. “The world has changed a great deal,” President Bush said, “and our posture must change with it for the sake of our military families, for the sake of our taxpayers, and so we can be

more effective at projecting our strength and spreading freedom and peace.” America’s current posture in Europe was designed to guard against Soviet aggression, the president said. “The threat no longer exists,” he said. The decision to redistribute forces comes after three years of study and consultations, President Bush said. “We’ve consulted closely with our allies and with Congress,” he said. “We’ve examined the challenges posed by today’s threats and emerging threats.” The result, he said, will be “a

more agile and flexible force.” As the new global posture takes shape during the next 10 years, more U.S. troops will be stationed at, and deployed from, home bases in the United States, President Bush said. “We’ll move some of our troops and capabilities to new locations so they can surge quickly to deal with unexpected threats,” he said. “We’ll take advantage of 21st century military technologies to rapidly deploy increased combat power.” The new plan will strengthen U.S. alliances and build new

See DECADE, Page 4

vMPF makes processes easier for Team Sheppard

By Master Sgt. Tracy Evans
82nd Mission Support Squadron

The military personnel community is continuing its transition to a new service delivery model using self-help, web-based tools and centralized customer support. The Air Force has expanded its self-service capabilities to take advantage of the existing vMPF platform. Customers will no longer visit the military personnel flight for actions that can be performed by using vMPF. Active duty personnel can now submit a request for Report Not Later Than Date change by logging into the vMPF and filling out the application request. Once the application is complete, the request is automatically sent to the Air Force Personnel Contact Center via E-mail. Requesting a DEROS Curtailment may now be performed via vMPF, too. Members who have more than 60 days prior to their Projected Departure Date may request a DEROS curtailment to cancel all or part of an approved voluntary overseas tour extension or to accompany a

military spouse with an earlier DEROS who cannot extend because of manning or operational necessity. Applying for Humanitarian or the Exceptional Family Member Reassignment or Deferment programs is also available on vMPF. The AFCC will give these applications the highest priority. Obtaining a copy of a Proof of Service Letter is as easy as logging onto and selecting the request from the list of available options. Customers can obtain a Proof of Service Letter whenever they need it. They should carefully review and verify all the information on the document. If there is a discrepancy, they can call or send an e-mail to the Contact Center with a click of a button. Customers will no longer report to the MPF to update their home address, home telephone number, religious preference, race, ethnic group, foreign language self-assessment, duty e-mail address and personal e-mail address. They will

See vMPF, Page 4

On the Inside

EEO vs. MEO

The Equal Employment Opportunity program and the 82nd Training Wing Military Equal Opportunity office are both against discrimination and both are crucial to the Air Force’s mission, but why are there two offices and which one should someone go to if they need to make a complaint? The ME office’s mission is to “provide an environment free from personal, social or institutional barriers” that prevent service members from rising to the highest possible level of responsibility, Tech. Sgt. Stephen Smith, from the ME office, said.

For full story, see Page 2.

Chiefs get new PME course

Although the transition to chief master sergeant may not be seamless, a new course will aim at eliminating some of the obstacles newly promoted chiefs may encounter. The Chief Master Sergeant Leadership Course, developed at the Air Force Senior NCO Academy at nearby Gunter Annex, becomes the fourth level of professional military education for enlisted Airmen. The course was an idea generated by Air Force senior leaders more than a year ago.

For full story, see Page 2.

Bigger than ourselves

Team Sheppard is a patchwork of military, civilian, and contractor personnel. As professionals we take great pride in making things happen, doing whatever it takes to get the job done and supporting the mission. Is the mission important? Is what we do everyday at Sheppard really matter? I trust you’ve answered yes to both questions.

For full story, see Page 7.

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Sheppard members explode into UXO training at community center

By John Ingle
Base public communication

Preparation for the Operational Readiness Inspection and possible deployments exploded with Explosive Ordnance Reconnaissance training at the community center Tuesday. Staff Sgt. Tracy Bohn, the non-commissioned officer-in-charge of explosive ordnance disposal training from Dyess Air Force Base, Texas, said the course is a refresher for some and an initial course for others. Regardless of their status, he said the training is the same when it comes to bombs. The two key components of the course are identifying the type of ordnance, or UXO, and safety. “(The course) helps people to safely identify, mark and report UXOs,” he said. “And, establish a cordon.” Although the Air Force has a mission

See UXO, Page 4



Photo by Senior Airman Chris Powell

A requirement after finding and identifying an unexploded ordnance is to keep a safe distance and cordon off the area so that no one is injured by a possible detonation.

Procedures to proper disposal of unexploded ordnance

Unexploded ordnance are hazards. They can be conventional, chemical, biological or any combination thereof. They pose a risk of injury or death to all personnel. They can be missiles, bombs, rockets, mines or other devices and can range in size from very small to large. If you discover a UXO or suspect an object is one, there are four important steps to take: identify, mark, evacuate and report. Identify ■ Recognize the UXO as a hazard.

■ Remember features such as size, shape, color and condition (intact or leaking). Mark ■ Mark it from where you are. ■ Do not move closer. ■ Use whatever material is available to mark it. ■ Ensure markings are visible in all directions, day and night. Evacuate ■ Evacuate all personnel from the area. ■ If evacuation is impossible, isolate

or barricade the area. Report ■ Reporting by radio must be done from at least 82 feet away. ■ Provide all pertinent details such as size, shape, color, condition, landmarks and grid coordinates. ■ Use the United States Air Force Ability to Survive and Operate Handbook, Air Force Handbook 32-4014, Vol. 4. Tables 4.2 and 4.3 require reporting information and UXO classification. (Source: Airman’s Manual, Air Force Manual 10-100)



photo by Airman 1st Class Desiree Palacios

TALLIL AIR BASE, Iraq – Unexploded ordnance lay partially hidden in the sand and pose a significant risk to people and resources here.

Sheppard construction heats up as summer nears end

By Master Sgt. Jeff Szczecowski
Base public communication

Sheppard’s landscape continues to undergo an impressive re-shaping, with several major projects underway, closer to completion or soon to begin. The work is designed to make the base an even better place for Team Sheppard members to live, work and play. One project that has caught the attention of many people here is the renovation of the base library. Mr. Jerry Morgan, the deputy base civil engineer, said the work there is “moving along on schedule and should be complete in October.” “The base populace is going to be quite impressed,” Mr. Morgan said of the project. Previously one floor, the “new”

library will now have a second floor mezzanine, which will be used as a study area. There will also be an expanded computer room and an enlarged children’s area, and a much-anticipated lounge and snack bar, a place where readers can cozy up to an honest-to-goodness cup of gourmet coffee while enjoying their favorite book or a hometown newspaper. Drivers on Avenue E may have noticed the glass-walled area on the library’s west side, which will be the site of the coffee shop. The north chapel is also receiving a facelift to provide an improved place of worship. For the past several months, people who would normally attend services there have been gathering at Building 1900’s large auditorium while contractors

See BUILD, Page 3



A refurbished library is just one of many construction projects currently in progress here. Non-prior service student and permanent party dormitories are nearing completion or are just underway. Construction on a flight simulator for the 80th Flying Training Wing is also progressing smoothly. Left, dry-wall specialist Terry Moore with D&W Painting Inc. out of Dallas applies a dry-wall compound to a wall in the library.

Photo by John Ingle

EEO vs. MEO: *Different, but similar missions are crucial to AF*

By Airman 1st Class Jacques Lickteig
Staff writer



The Equal Employment Opportunity program and the 82nd Training Wing Military Equal Opportunity office seek to eliminate discrimination and are crucial to the Air Force's mission, but why are there two offices and which one should someone go to if they need to file a complaint?

The ME office's mission is to "provide an environment free from personal, social or institutional barriers that prevent service members from rising to the highest possible level of responsibility possible," Tech. Sgt. Stephen Smith, from the ME office, said.

"Without an agency designed specifically to address ME concerns, some Air Force members would feel the need to take matters in their own hands," he said. "This action could result in increased tension and possible violence."

EEO's mission is to promote equal opportu-

nity employment for federal civilian employees, EEO Manager Sherry Murray-Garrett, said.

No federal agency may discriminate against any civilian employee or applicant for employment based on race, sex, color, religion, age, national origin, physical or mental disability or reprisal.

ME's purview is limited to race, color, national origin, gender and religious discrimination, Sergeant Smith said.

Retirees, military members, spouses and dependents are welcome to file a complaint at the ME office, as long as the complaint falls into the purview of either unlawful discrimination or sexual harassment, Sergeant Smith said.

He said a complaint can either be processed by either the informal or formal process. In the informal process, the concern is actually referred back to the individual's chain of command, and the ME office acts as a technical advisor. In the formal process, the ME office bases their complaint clarification on a

detailed written statement provided by the complainant.

With EEO, employees can file an informal complaint or a formal complaint.

"They don't have to file a complaint," Ms. Murray-Garrett said. "They can just come to vent."

When there is a complaint, both offices must remain neutral at all times, and neither can persuade a complainant to file a complaint.

"It's always important to remember that the concern the complainant is relating to you is not your issue," Sergeant Smith said.

Although EEO sets a 45-day time limit for an employee to file a complaint, the ME office sets a 180-day time limit that may be waived as events warrant.

Both offices try to settle disputes at the lowest possible level.

"In a perfect world, people would always be able to confront their offender," Sergeant Smith said. "[We] always hope that things can be resolved at the lowest possible level."

PUBLIC NOTICE

The Joint Commission on Accreditation of Healthcare Organizations will conduct an accreditation survey of the 82nd Medical Group from Aug. 25 - 27.

The purpose of the survey will be to evaluate the organization's compliance with nationally established Joint Commission standards. The survey results will be used to determine whether, and the conditions under which, accreditation should be awarded the organization.

Joint Commission standards deal with organization quality and safety-of-care issues and the safety of the environment in which care is provided. Anyone believing that he or she has pertinent and valid information about such matters may request a public information interview with the Joint Commission's field representatives at the time of the survey. Information presented at the interview will be carefully evaluated for relevance to the accreditation process. Requests for a public information interview must be made in writing and should be sent to the Joint Commission no later than five working days before the survey begins. The request must also indicate the nature of the information to be provided at the interview. Such requests should be addressed to:

**Division of Accreditation Operations
Office of Quality Monitoring
Joint Commission on Accreditation of Healthcare Organizations
One Renaissance Boulevard
Oakbrook Terrace, IL 60181**

Or
Faxed to 630/792-5636

Or
E-mailed to complaint@jcaho.org

The Joint Commission's Office of Quality Monitoring will acknowledge in writing or by telephone requests received 10 days before the survey begins. An Account Representative will contact the individual requesting the public information interview prior to the survey, indicating the location, date, and time of the interview and the name of the surveyor who will conduct the interview.

This notice is posted in accordance with the Joint Commission's requirements and may not be removed before the survey is complete.

*The 30 seconds of time you've gained
by not yielding to on-coming traffic
isn't worthy your life or the lives of
others. Obey traffic laws and signs.*

Sheppard members tour local factory, return gesture

By 1st Lt. Brooke Brander
Base public communication

The word of the day is "plastics."

Sheppard personnel toured the CRYOVAC Division of Sealed Air Corporation in Iowa Park, Texas, Tuesday as part of a community out-reach program between the base and local communities.

Sixteen individuals from the 82nd Training Wing and 80th Flying Training Wing toured the facility to include the production floor where CRYOVAC's flexible plastic packaging products are produced.

"The tour was great," said Capt Ken Tebbe, 363rd Training Squadron director of operations. "I was impressed by the professionalism of the folks out there, the pride they have in their work and the respect they have for each other. It was very similar to the military ... it was very interesting."

Mark Jackson, a CRYOVAC automation specialist, said the idea for the tour came as a result of his participation in Sheppard's Civic Leader Tour 2004.

"We wanted to show our support for [CLT 2004] and offered to return the invitation to Sheppard personnel," Mr. Jackson explained.

CRYOVAC's goal for Tuesday's tour was to foster a partnership that might help both Sheppard and CRYOVAC improve processes, such as training and safety.

"CRYOVAC is interested in how Sheppard's safety programs compare to our program," Mr. Jackson said. "If either party is able to share just one piece of information that improves the other's program, then it can potentially save someone from an injury or worse."

According to their Web site, Cryovac is the leader in protective and specialty packaging

solution. These packaging solutions include a wide variety of flexible plastic products for sealing and preserving fresh foods.

Cryovac products can be seen everyday in almost every grocery aisle. Food products such as the plastic wrap around frozen pizza, the plastic casing around a rack of ribs, the tray and plastic seal over fresh ground beef and the bag that frozen turkey comes in are just a few of the flexible packaging products with Cryovac's name on them.

"I will never look at packaged meat the same way again," Captain Tebbe said.

Continuing with the outreach, Cryovac staff toured Sheppard yesterday visiting both the 82nd TRW and 80th FTW.

Cryovac has a 125 production facilities worldwide with over 19,000 employees. The Iowa Park facility has 773 employees.

Housing office announces yards of the month for July

Those with the best looking yards in base housing for July were announced recently.

In the senior officer category, Col. William Gampel, 237 Polaris, spruced up the finest yard. Colonel Gampel is the base judge advocate.

Chap. (Capt.) Tony King, 106A Atlas, 82nd Training Wing, produced the best yard in Capehart on the officer's side. Staff Sgt. Christopher Regier, 202B Matador, an instructor in the 366th Training Squadron, had the best enlisted side yard.

Staff Sgt. Paul Weyandt, also an instructor at the 366th TRS, received the Bunker Hill award for his yard at 109 Mars.

Rounding out the group of winners was Master Sgt. John Townley at 81 Beaumont in Wherry Housing. Sergeant Townley is the first sergeant for the 362nd Training Squadron.

The criteria used for selection is overall yard appearance and occupant care during the award month or quarter. Yard of the Month winners compete for quarterly honors. The competition runs from April 1 to Sept. 30.

Union opens its doors to new office

By Gary A. Johnson

AFGE Local 779 public relations

The American Federation of Government Employees, Local 779, reached a historic milestone Tuesday when members entered the group's newly acquired office.

With two offices and one large meeting area, this office space represents a new era for Sheppard's Collective

Bargaining Unit for the white collar workforce.

Local 779's President Mariano "Mario" Casillas and Vice-President David Alvarado worked hard to make this happen. The membership needed an office area large enough to accommodate the growing union.

In addition, the new area had to be accessible to handicapped government workers.

Having had only a small office on the second floor in a building that lacked the accommodations of an elevator, Mr. Casillas and Mr. Alvarado quickly realized something had to change. After diligently negotiating with the agency's leaders, the union was able to get a place that met their requirements.

The opening of the new office marks a new beginning.

It signifies the newly elected officers are willing to do whatever is necessary to bring about a stronger and more effective representation.

For more information about Local 779, call Mr. Casillas or Mr. Alvarado at 855-7721 or 6-7619. Monthly meetings are held on the third Tuesday at 5:30 p.m. in room 103 of Bldg. 1638. The next scheduled meeting is Sept. 20.

BUILD

Continued from Page 1

make improvements to the chapel.

Mr. Morgan said construction on the chapel includes adding a new entrance to the building's south and west sides; replacing the heating and air conditioning system; enlarging restrooms; installing new pews and furniture and making the facility compliant with the Americans with Disabilities Act.

He said that the chapel's next-door annex will get a revamped kitchen area and a new floor. The lights, walls and ceiling there will also be redone.

The latest news on living areas comes from the non-prior service student dormitory on Avenue F, between buildings 516 and 716. The 300-room, 600-person dorm should be ready about Sept. 2, with actual occupancy beginning closer to Oct. 1, Mr. Morgan said.

Further ahead, two more student dormitories are slated for construction. One will involve moving the parade ground to another location so student housing can be built on that site, he said.

On the permanent party side, the new dormitory across the street from Wind Creek Golf Course continues to progress on schedule. This modern complex will be home to 144 Airmen, all living in their own bedrooms with a private bathroom. The rooms will open up to four-person common areas.

At the workplace, Mr. Morgan said renovations at schoolhouse hangars 1010, 1020, 1040 and 1060 are moving along nicely. Work at all four facilities will continue until about Jan. 1, he said.

"We've received lots of positive comments about the upgrades made to classroom facilities in these areas," Mr. Morgan said.

The deputy civil engineer also said it looks like funding will be provided to complete some major renovation work in a portion of the 882nd Training Group's headquarters building. Contractors will add new infrastructure, HVAC, lighting, and floor and wall finishes.

Mr. Morgan also said that a contractor would be selected soon to start work on a new airfield operations complex. Plans call for a consolidated base ops and radar approach control (RAPCON) building, which will include the base weather team. Perhaps most exciting of all, a new, 13-story air traffic control tower will be built there.

At the 80th Flying Training

Wing, the new flight simulator building is undergoing some final modifications and should be finished about the beginning of October. After that, training simulators will be moved into the sparkling new facility, and pilot training will begin sometime later in fiscal year 2005, Mr. Morgan said.

Finally, from the health and wellness spectrum, a new, lighted 1.5-mile jogging track, located behind Bldg. 1600 (the main lodging office), is now available to all. One big benefit of the track is that it is used for NPS student physical conditioning, Mr. Morgan said. He said students no longer have to train on Sheppard streets, which allows base roads to stay open to traffic throughout the week.

Mr. Morgan said the 24-hours-a-day track is being discovered and used by more and more people. With leadership stressing physical fitness more than ever, the track will help accommodate the growing numbers of Sheppard Airmen stepping out to get "fit to fight."



Roy Marshall of Cobbs Mechanical runs flue pipe through a vent atop the 80th Flying Training Wing's new flight simulator. The simulator is one of many projects going on here.

Photo by John Ingle

Briefly Speaking

Offices closing for functions

The 82nd Comptroller Squadron will close at noon today for an official function. For emergencies, call 6-6266.

The 82nd Mission Support Squadron will close its doors Tuesday from 10 to 11 a.m.

Auto Skills closing changes

The Auto Skills changed the dates that they will close for floor refurbishment.

The new closure will be Sept. 6-10. For more information, call 6-4810.

SRA hosts two meetings in August

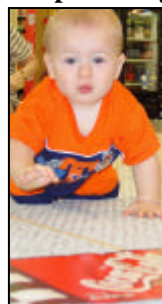
The Sheppard Rider's Association will host two meetings Tuesday.

The first meeting will be at the billeting office conference room No. 4 at 7:30 a.m. The enlisted club will be the site for the second meeting at 4 p.m.

Attendance at one of the meetings is mandatory for all Sheppard motorcycle riders.



Diaper Derby to hit the floor crawling



The annual Hotter-N-Heck Diaper Derby is Aug. 29 at 10 a.m. in the Commissary.

Babies will compete in three divisions including under 9 months old; 9 to 11 months old; and 12 to 15 months old. Prizes up for grabs are the fastest crawler or walker in each division. All participants will receive a prize.

NCO induction ceremony coming up

The Junior Enlisted Troop Service will host a non-commissioned officer induction

Aug. 31 at 2:30 p.m. in the enlisted club. For more information, call Staff Sgt. Timika Hall at 6-3860.

To advertise in the *Sheppard Senator*, call 761-5151.

80th names award winners

The 80th Flying Training Wing recently announced the award winners for the second quarter of 2004.

The following were selected by 80th FTW leadership as tops in their respective categories.

Capt. Vittorio Vicari, 88th Flying Training Squadron, flight commander; Capt. Adam Perry, 90th FTS, instructor pilot; 1st Lt. Kimberly

Matwicz, company grade officer.

Master Sgt. David Bowles, senior non-commissioned officer; Staff Sgt. Leida Pedro, NCO; Airman 1st Class Megan Stewart, Airman.

Kurt Palmer, 80th Operations Support Squadron, civilian GS-09 and above; and Michele Houck, 80th Operations Group, civilian GS-08 and below.

DECADE

Continued from Page 1

partnerships worldwide, and it will reduce stress on military people and their families, the president said.

"Although we'll still have a significant presence overseas, under the plan I'm announcing today, over the next 10 years, we will bring home about 60,000 to 70,000 uniformed personnel and about 100,000 family members and civilian employees," President Bush said.

This would give service-

members more time on the home front, as well as more predictability and fewer moves during a career, he said.

"Our military spouses will have fewer job changes, greater stability, more time for their kids and to spend time with their families at home," he said.

Taxpayers will benefit from cost savings realized by closing obsolete overseas bases and facilities, the president said.

UXO

Continued from Page 1

based on air power and air superiority, the majority of blue-suiters are working on the ground in places like Iraq and Afghanistan. Sergeant Bohn said UXO training is important for Airmen because of the high possibility of running across a device in the field.

"A lot of this is going on in Iraq," he said.

Sergeant Bohn said he spent some time in Kuwait in 2002 disposing of UXOs that his team or others found.

Students received a 30-minute briefing on the types of ordnance they could encounter in the field. They ranged from land mines to missiles; bombs to rocket-propelled grenades.

Following the briefing, the students were given an opportunity to put their new-found information to use.

Sergeant Bohn scattered a few dud UXOs near the community center. Students were instructed to locate, identify, create a safe environment and report the location of the explosive.

A group of students – dressed in full mission oriented protective posture, or MOPP gear – walked around the building in search of UXOs. Once a dud was located, the group laid on the ground until it was identified and cordoned off.

One of the most common mistakes is mis-identifying an explosive among the various types, he said. Another is not recognizing the device as an explosive at all.

"Some thought this was part of an air conditioner," Sergeant Bohn said of a 3-foot green bomb as he rested his foot on it.

Sergeant Bohn said he tries to make the training as real as possible for students. The only thing he doesn't do is let the students get close to the bombs or simulate an explosion.

Information about UXOs and procedures after locating one can be found in the Airman's Manual.



Photo by Senior Airman Chris Powell

Making the area safe around a discovered unexploded ordnance is important in protecting yourself, other Airmen and personnel in the area. Here, an Airman cordons off an area during training at the community center Tuesday.

vMPF

Continued from Page 1

now be able to update these actions directly into vMPF.

In addition to the services mentioned above, customers may also perform the following actions in vMPF:

- Personal Information Inquiry/Update
- Enlisted Voluntary Separation Awards and Decorations
- Duty History Inquiry
- Reenlistment Eligibility Inquiry
- Palace Chase Application
- DD Form 93, Emergency Data Card

- Request to Change/Withdraw Officer Separation
- Retraining Application Status Inquiry
- WAPS Test Score & Data Verification Rip
- DD Form 214 Worksheet – Member & MPF Access
- Senior Officer Assignment Programs
- Voluntary Stabilized Base Assignment Application (VSBAP)
- Overseas Returnee Counseling
- Circuitous Travel Request

- NGB Form 22 Worksheet Initial Separation or Retirement Briefing
- Permissive PCS
- Best Interest of the Air Force Extension
- Age 55 HYT Waiver for Extension/Reenlistment
- HYT Extension
- Retirement Entitlement Counseling
- Service Date Corrections
- Join Spouse Application
- Designated Location Move
- AGR Program Fact Sheet
- Participation Counseling

- (ANG/RESERVE) ANG/USAFR Point Credit Summary
- Promotion Counseling-Enlisted (ANG/RESERVE)
- Promotion Counseling-Officer (ANG/RESERVE)
- Conditional Release of ANG or USAFR Enlisted
- For more information, the Contact Center can be reached by phone at toll free at 1-800-616-3775, DSN 665-5000, commercial (210) 565-5000, by fax at DSN 665-1239 or e-mail at contact_center@randolph.af.mil.

Did you know you could get great career advice right here at Sheppard? For more information, contact the Career Assistance Advisors office in Bldg. 400, Rm 245 or call 6-7797.

Do you know what your education benefits are? Call the education office at 6-6231 to find out.

Getting fired up

Ceramic shop offers fun, fantasy

Story and photos by Airman 1st Class Jacque Lickteig

Staff writer

It's a fantasy world where dragons threaten Santa Claus with a breath of fire, knights guard aliens and aquatic life lounges with lazy elephants.

And escapists don't need high-tech gadgets and computer genius to breathe life into even their most bizarre visions.

They can visit Sheppard's ceramic shop in Bldg. 832 and create whatever fanciful images come to their minds.

The shop has been at Sheppard for about 12 years, and it has more than 2,500 molds like bucking bulls, pilot helmets, cartoon pigs, Christmas decorations, vases and medieval knights to name a few, Syndie Pelleau, ceramic shop owner said.

Ms. Pelleau said her husband, Ed, can also create a new mold by request.

But turning molds into finished products takes a little elbow grease.

First, Ms. Pelleau pores the material into the mold and lets it dry. After it dries and hardens, she takes it out of the mold, she said.

But before an artist can paint the ceramic, he has to smooth

the seam lines from the mold and smooth other minor imperfections in the ceramic.

To do this, the artist can use tools that resemble what dentists use on their patients. He can also use screen material, brush or anything else that is abrasive.

The amount of time it takes to clean the project depends on the artists and their perfectionism.

After the ceramic is cleaned, it's ready for color. The artist can either paint it then, or Ms. Pelleau can fire, or bake, the ceramic.

Firing hardens the ceramic so it's harder to break or flake, Ms. Pelleau said.

Firing before the artist paints gives the project a matte finish. Doing so after the artist paints it leaves a glossier finish, she said.

Customers who don't have a knack for painting can rely on Ms. Pelleau's knowledge and skills free of charge.

She usually walks around the shop and checks her customers' progress, giving tips and advice, she said.

But that's not the only perk to using the ceramic shop.

Customers can also store their projects and supplies at the shop so they don't have to cart them back and forth from the shop to their houses, she said.

Although some projects could take weeks to complete, it is possible to



Airman Jamie Plummer, from the 360th Training Squadron, paints her ceramic dolphin at the ceramic shop.

finish one in one day.

Airman Jamie Plummer, a former student at the 360th Training Squadron, stopped in Aug. 8 looking for a project she could finish by the end of the day.

"I've always wanted to come here and paint something, but I never got around to it," she said. "And now I'm leaving in a few days so I've got to finish this up pretty quickly."

Ms. Pelleau showed her the shelf of ceramics that were already cleaned, fired and ready to paint.

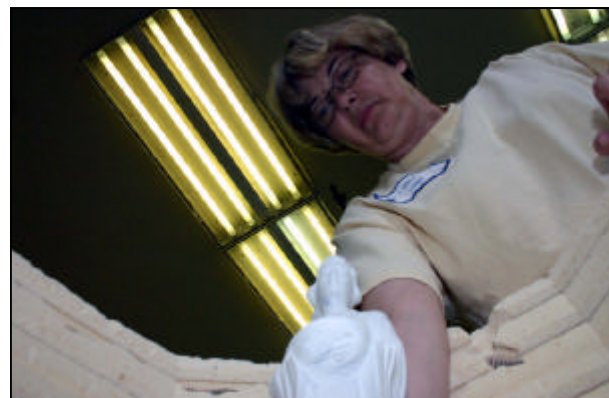
For less than \$20, she bought a dolphin ceramic and all the supplies she needed to paint it, she said.

A little more than two hours after walking into the shop, she was holding a freshly painted decoration, complete with highlights and smile lines.

"I have never done this before, so Syndie helped me out so much," Airman Plummer said.

The price of a project can be less than \$10 or more than \$50, depending on the piece and the work involved, Ms. Pelleau said.

She said some projects can be used



Syndie Pelleau, owner of the ceramic shop, puts a ceramic statue in the oven to fire, or harden after she put a coat of clear glaze on it.

for decorative purposes or they can be functional, like plates and pitchers. The shop boasts many house-created functional ceramics, like an alligator business card holder and a pilot bust pen holder.

"It sure beats the heck out of hanging out at the dayroom," Airman

Plummer said about going to the ceramic shop. "I think I played enough pool and arcade games, and this is a challenge."

The ceramic shop is open Wednesday through Friday from 11 a.m. to 8 p.m. and Saturday and Sunday from 11 a.m. to 5 p.m.



A painted, ceramic hippogriff, a mythical creature that has griffin wings, claws and head and the body and hindquarters of a horse, sits on a shelf with a myriad of ceramic creations.

In FILM

Movie line: 676-4427



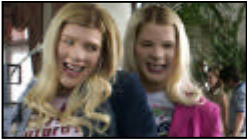
Anchorman (PG-13)

Today at 6:30 p.m.
Saturday at 4:30 p.m.
Sunday at 2 p.m.
Thursday at 7 p.m.
Will Ferrell, Christina Applegate - A woman steps behind the news desk causing war with a fellow anchorman.



King Arthur (PG-13)

Today at 9 p.m.
Saturday at 7 p.m.
Sunday at 4:30 p.m.
Clive Owen, Ioan Gruffudd - Arthur and his knights must head north to rescue the last Roman officials left in a village to gain their freedom.



White Chicks (PG-13)

Saturday at 2 p.m.
Shawn Wayans, Marlon Wayans - Two FBI agents try to get back into their boss's good graces by taking on a job guarding the Wilton sisters, two New York City hotel heiresses, from a serial kidnapper.



No. 3

Clever Captions

The rules

1. Write an imaginative, humorous, tasteful caption for photo No. 3.
2. Submit a maximum of two entries to sheppardsenator@sheppard.af.mil or call 6-7246 by Tuesday at noon.
3. Please include the photo number, your name and phone number.
4. The winning caption will be printed in the *Sheppard Senator*.
5. All entries are judged by the *Senator* staff. Good luck!



No. 2's winning caption: **Let's see...that makes 37 yards to Burger King. I still say we just go to the drive-through! Runner up: That's it! Next time I send in 10 more box tops and get the scope with REAL GLASS!** both by Staff Sgt. Paul Breckon, 382nd TRS

Sheppard Spotlight

15 lines of fame

1. **Name:** Georgianna Alvarez
2. **Rank:** staff sergeant
3. **Organization and position:** 982nd Training Group, commander's support staff
4. **Most rewarding aspect of your job:** Being able to provide customer support for more than 500 people at 27 locations worldwide.
5. **Why did you join the Air Force?** The benefits and to see what life was like in the military.
6. **Favorite Air Force assignment:** Deployed to Al Jaber, Kuwait.
7. **Date arrived at Sheppard:** July 9, 1999.
8. **Hometown:** Tehachapi, Calif.
9. **Married or single:** Married.
10. **Favorite thing(s) to do in your free time:** Go to the movies and play video games.
11. **Funniest childhood memory:** My grandma would come and visit us. One time she had come and it was during wintertime. My younger brother and I asked her if

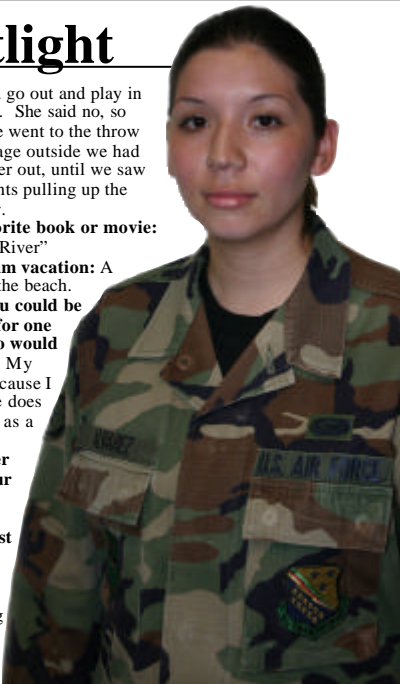
we could go out and play in the snow. She said no, so when she went to the throw the garbage outside we had locked her out, until we saw our parents pulling up the driveway.

12. **Favorite book or movie:** "Mystic River"

13. **Dream vacation:** A week at the beach.

14. **If you could be anyone for one day, who would you be?** My mom, because I think she does so much as a mother.

15. **Other than your family, what is your most prized possession?** Knowing who God is.



Community

Babysitter training

The youth center is offering a Red Cross Baby Sitting Course Saturday from 8:30 a.m. to 5 p.m. The cost is \$20 per person and each student will need to bring a sack lunch. The course will teach responsibilities of a babysitter, different characteristics of children of various ages, helping a choking conscious child and infant. For more information, call 6-5395.

Pool party

There will be a pool party at the Capehart pool Saturday from 2 to 6 p.m. Admission if free. There will be free watermelon, beverages, music and games. For more information, call 6-3866.

Club activities

Karaoke night

The officers club will host a karaoke night tonight from 5 to 8 p.m.
For more information, call 6-6460.

Football Frenzy

Pre-season football games are Aug. 26 and 27 at 7 p.m., tonight at 6:30 p.m. and Sept. 3 at 6 p.m. The club will also show the Dallas vs. Kansas City game Sept. 2 at 8 p.m.

ITT

Ranch Round Up

The Ranch Round Up will be at the Kay Yeager Coliseum tonight and Saturday at 7:30 p.m. ITT is selling tickets. The cost is \$20.50 for box seats, \$14.50 for upper sides and \$10.50 for upper corners and ends.
Call 6-2302 for more information.

Chapel schedule

Catholic services

Confession by appointment only

Sunday

Mass: 9 a.m. (*south chapel*); noon (*Solid Rock Cafe*); 5 p.m. (*south chapel*)

Daily Mass

Tuesday, Wednesday and Thursday: 11:30 a.m. (*south chapel*)

Protestant services

Sunday

10:30 a.m. Community Worship (*Bldg. 1900*)
10:30 a.m. Inspirational Gospel Worship (*south chapel*)
10:30 a.m. Holy Communion Worship (*Solid Rock Caf *)

Protestant Parish Ministries

Protestant Men of the Chapel: Saturday, 6:30 a.m. (*south chapel*)
Weekday Bible studies: Tuesday, 6 p.m. and Thursday, noon, (*south chapel*)

Protestant Religious education

Adult religious education, 9 a.m. (*Bldg. 962*)
Tuesday Bible study, 6 p.m. (*south chapel*)
Thursday, noon Bible Study, lunch provided (*south chapel*)
PWOC Thursday Bible study, 6 p.m.
PMOC Tuesday Bible study, 6 a.m.
For more information about other religious activities, call the base chapel at 6-4370.

Student stuff

Luuu dance

There will be a luau dance at Club BDU Saturday beginning at 8 p.m. The cost is \$4 per person. Call 6-7659 for more information.

'60s dance

There will be a '60s dance at Club BDU Aug. 28 beginning at 8 p.m. The cost is \$4 per person. For more information, call 6-7659.

FITS

Saturday – Weightlifting will begin at 10 a.m. at the north fitness center. **Aug. 28** – Water polo will begin at 10 a.m. For more information, call 6-6336.

Student ministry

Solid Rock Cafe (*Bldg. 450*)

Monday through Thursday, 7:30 a.m. to 9:30 p.m. Friday, 7:30 a.m. to 11:30 p.m. Saturday, 1 to 11:30 p.m., Sunday, 1 to 9:30 p.m.
Sunday Protestant Bible study, 4 p.m.
Contemporary Praise Worship Service, 5 p.m.
Holy Communion Worship, 10:30 a.m.
Praise and Prayer, Wednesday, 8 p.m.
Students Awaiting Training classes, Tuesday and Thursday, 8:15 to 10 a.m.
Chapel Ropes Meeting, Tuesday, 11 a.m. to noon and 4:15 to 5 p.m.
Parents and Tots, Monday, 1:30 to 3:30 p.m. and Wednesday, 10 to 11 a.m.
Praise Band Rehearsal, Saturday, 10 a.m. to noon.
Solid Rock Saturday Meal, 6:15 p.m.

Being a part of something bigger than ourselves

By Lt. Col. Kenny Weldon
82nd Mission Support Group deputy commander

Team Sheppard is a patchwork of military, civilian, and contractor personnel.

As professionals we take great pride in making things happen, doing whatever it takes to get the job done and supporting the mission.

Is the mission important? Is what we do everyday at Sheppard really matter?

I trust you've answered yes to both questions. I'd like to share my thoughts on why I answer a resounding YES to both questions.

It's important to me that we understand why are here and to understand the special role we each have in fulfilling the goals of our nation ... my hope is to share why I believe as individuals, as Team Sheppard, as an Air Force, and as a Nation we have a special obligation and mission.

General John P. Jumper, Air Force chief of staff, stated during a June 2004 interview, "... if you can be a part of something that has goals that transcend your own personal well being or interests, then you have arrived in life. That's what I think we do for our people in uniform. I think that pride that they

feel is knowing that they are part of something bigger than themselves and that's what they relish."

There are two key reasons why we should know we are part of "something bigger" than ourselves.

First we have an obligation to those that have gone before us to ensure that their sacrifice is not in vain.

Valley Forge, Gettysburg, San Juan Hill, the Argonne, Normandy, Inchon, Saigon, Kuwait City, Baghdad...millions have served and many have died. There is an undeniable connection between every individual that participated in these and countless other campaigns and each member of Team Sheppard.

I'm talking about not only those in uniform, but civilians and contractors as well, because we all are part of the team that is needed to get the mission accomplished. We can not fail because failure means that the sacrifices made since the birth of our nation would be not only forgotten but their ultimate sacrifice would be for nothing.

Second, we need to maintain perspective of why we want to ensure we don't fail at the mission each of us has been given. By succeeding at our mission, we ensure the larger mission of our nation is also accomplished.

So what is that mission? To fully understand the mission requires per-

spective. The story of three construction workers can give us a good example of differing perspectives.

"What are you doing?" was asked of three laborers working together.

"Carrying mortar," answered the first. "Earning six dollars an hour," the second said.

"Building a cathedral," the third replied.

The leaders of this great nation added the phrase "under God" to our pledge of allegiance in 1953.

"In this way we are reaffirming the transcendence of religious faith in America's heritage and future; in this way we shall constantly strengthen those spiritual weapons which forever will be our country's most powerful resource in peace and war," President Dwight Eisenhower said.

So, again, what is the mission?

Our Commander-in-Chief, President George W. Bush, articulated the mission that we are helping to make a reality during his Jan. 20 State of the Union Address, "America is a nation with a mission - and that mission comes from our most basic beliefs. We have no desire to dominate, no ambitions of empire...we understand our special calling: This great Republic will lead the cause of freedom.

"The momentum of freedom in our

world is unmistakable - and it is not carried forward by our power alone. We can trust in that greater power Who guides the unfolding of the years. And in all that is to come, we can know that His purposes are just and true."

For myself, it is a daunting and at the same time incredibly exciting thought to be a part of mission that is tied to such a noble cause. As we go through each day, our devotion to the tasks we are responsible to complete serves as a symbol of the steadfast commitment to carry on...to ensure that those who gave the ultimate sacrifice will not have done so in vain and it also allows us as an organization to rededicate ourselves to the higher calling of our nation.

We have the highest human trusts committed to our care...we are guardians of freedom, not only for our nation, but to fulfill our nation's call as a world leader to preserve it for the benefit of the human race. Our commitment is to those who have gone before and paid the ultimate sacrifice and our commitment is to the future.

May each of us be willing to accept the tasks before us with pure hearts and hands, with an unselfish willingness to make a difference each and every day, and finally with the perspective that we can not succeed as a unit, Air Force or a nation by our power alone.

Action line

Pool time

Question: With the military's push for improved fitness, has there been any consideration for improving access to the base pools (hours and length of pool season)? There are many people who are on running (or other) waivers, particularly for knee or back problems, who can benefit from swimming. Having a pool with earlier morning hours for lap swimming would really benefit us. The hours right now are quite limiting for those of us on day shift, and by the time we are off duty, the main pool is swamped with student Airmen, and not conducive for swimming laps. Normal operating hours also happen to be when the sun has its most harmful effects. While a covered pool (or better yet, an indoor pool) would offer the best protection from the sun (and an indoor pool would benefit us year-round), I know that takes money and time. Earlier hours (even though that also takes money for personnel) would be a more feasible fix for now. I'm willing to bet there are many active duty folks who would jump at the opportunity to get in an early morning workout at the pool.

Answer: Thanks for your concerns and questions. We are committed to supporting all aspects of "fit to fight." Unfortunately, our resources, people and facilities, are currently constrained. Our hours of operation are based on historical usage considering these manpower and funding constraints. We try to accommodate as many folks as we can and are currently able to provide 10 hours of pool operations a day. Lap swimming at the main pool is available from 10:30 a.m. to 12:45 p.m. Although early morning operations may be attractive, we can't open the pool earlier than 7 a.m. because there are no underwater pool lights and the lifeguards would be unable to see the swimmers clearly. We do offer free water aerobics on Monday, Wednesday and Friday, and there is a class after duty hours on those days.

The main pool serves many functions and is used by the youth center summer camp, Monday through Friday from 1 to 4 p.m. The pool is also the recreational pool for the NPS students. The long-term plan is a military construction project to build an indoor fitness pool adjacent to the south fitness center. Its primary purpose will be to serve lap swimmers. In the meantime, there are other low impact cardiovascular workout options available at all of our fitness centers if the lap swim times don't fit your personal schedule. I appreciate your desire to stay fit to fight...please pass that enthusiasm on to your coworkers.

Submit your questions and concerns to action.line@sheppard.af.mil or call 6-2000. Your submission may be printed in The Sheppard Senator.

Where rubber, road meet

By Tech. Sgt. Gerardo Delagarza
82nd Training Wing Safety Office

When was the last time you checked the tire pressure on your tires?

Did you know your tires can lose up to one pound per square inch of air pressure per month and one psi for every 10 degree drop in temperature? It only takes a few minutes a month to protect yourself against costly breakdowns and unsafe handling conditions.

You can find the numbers for recommended tire pressure and vehicle load limit on the tire information placard and in the vehicle owner's manual. Tire placards are permanent labels attached to the vehicle door edge, doorpost, glove-box door, or inside of the trunk lid.

Once you've located this information, use it to check your tire pressure and to make sure your vehicle is not overloaded - especially when you head out for vacation.

To get an accurate tire pressure reading, measure tire pressure when the car has been unused for at least three hours.

Step 1: Locate the correct tire pressure information.

Step 2: Record the tire pressure of all tires.

Step 3: If the tire pressure is too high in any of the tires, slowly release air by gently pressing on the tire valve with the edge of your tire gauge until you get to the correct pressure.

Step 4: If the tire pressure is too low, note the difference between the measured tire pressure and the correct tire pressure. These "missing" pounds of pressure are what you will need to add.

Step 5: At a service station, add the missing pounds of air pressure to each tire that is underinflated.

Step 6: Check all the tires to make sure they have the same air pressure (except in cases in which the front and rear tires are supposed to have different amounts of pressure).

Information provided courtesy of the National Highway Traffic Safety Administration and Tire Safety.com



Modern day patriots are all around

By Col. Gary Lane
5th Maintenance Group commander

MINOT AIR FORCE BASE, N.D. (AFP) – We often read in our history books about patriots. What often comes to mind is someone like Mel Gibson dressed in early day garb as he was in the movie, "The Patriot." We may even think of Soldiers in rags in the snow at Valley Forge facing an overwhelming force of British regulars.

What about modern day patriots? Are there such people who risk their lives daily to protect our way of life, our nation that our forefathers passed down to us?

If you are in the military, I ask you to go look in the mirror. If you are married, then take your spouse with you. You are now looking at a true patriot who is willing to put his or her life on the line, suffer whatever hardships come his or her way and cheerfully set about to do his or her tasks. Look outside at your military friends and neighbors: more patriots.

Not one of us decided to enter the military to get rich. There is absolutely no way anyone of us can seek out fortune with a military career. But our nation and our citizens can count on us to be there to prevent aggressors from taking away our way of life, our liberties, our government or our land.

For 228 years, men and women like

us have stood up and taken oaths to protect and defend the Constitution and our nation against all enemies, foreign and domestic. Many have given up their lives in defense of our nation. Many more have been wounded, maimed or severely injured.

Our nation's forces are now entirely made up of volunteers just like you. Throughout the hardships of frequent moves, high operations tempo, long hours without additional compensation, many missed important family events (our children taking their first steps, their first birthdays or Christmases, anniversaries) and long separations that put us in harm's way, we continue to sign on the dotted line for another tour to continue on in our nation's defense. It doesn't matter where you work, whether it's pushing papers at the military personnel flight, on gate guard duty or roaming the missile field, turning wrenches on the jets, deep underground in a missile silo, putting the throttles to the firewall on takeoff, ensuring the government funds are wisely spent, or serving up chow at midnight, you are a patriot in every sense of the word.

What are our attributes? We beat ourselves up unmercifully when things don't turn out as planned, but we fail to credit ourselves when our work turns

out spectacularly. Openly, we feel embarrassed when we are decorated for service above and beyond, but deep down, we feel proud that we did a job well done.

We willingly place ourselves in harm's way to keep our families safe, for we know that if we don't, an aggressor or a band of thugs will soon be putting us all in jeopardy.

Our spouses and family understand this, and they are the unsung heroes of this clan we call the profession of arms. They are the ones who deal with broken down cars in the middle of the winter, and who care for our children who keep them up all night because they are sick or are missing us while we are deployed to some desolate location where someone is taking potshots at us. They are the ones who dread the midnight visits by the commanders because something has happened to one of our aircraft or one of us.

Patriots, you are the reason this nation is still free. You are the reason our citizens can travel the world knowing the United States is the sole superpower of the world. We are surrounded by patriots; look in the mirror, look at your neighbor and if you are married, especially look at your spouse. God bless the patriots of the United States of America – God bless you!



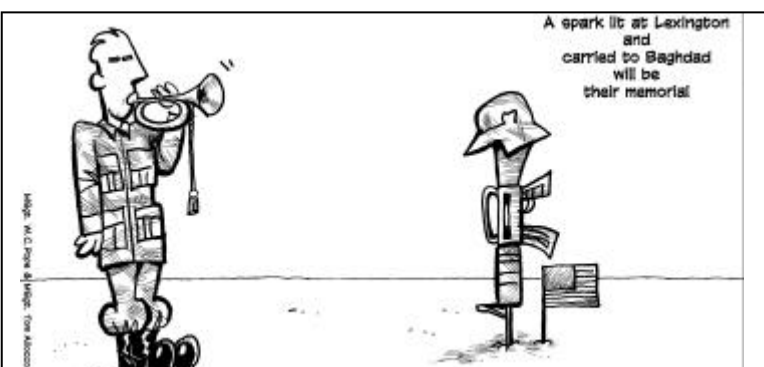
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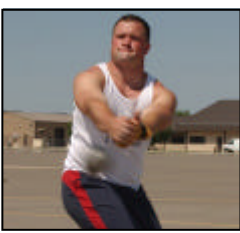
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Malmstrom
Airman tries
to turn
mettle into
medal

See Page 3B



Sheppard Sports



Golf offers
life lessons
off fairway

See Page 4B

365 TRS lets bats talk against 363 TRS 11-4

With win 365 TRS advances to student-league championships

By Senior Airman Chris Powell
Senator sports editor

The 365th Training Squadron outhustled, out-hit and outplayed the 363rd Training, taking an 11-4 win Tuesday during a semi-final match in the student-league intramural softball tournament.

With the win, the 356th TRS played the XXXX in the softball championships Thursday. Due to the newspaper printing schedule, the results from the championship weren't available for publication.

The 363rd TRS shot of the gate running with scoring a run in the top of the first inning.

But the 365th TRS showed that they came to play. To start the inning, Danny Hall hit a double up the middle and made it to third base thanks to a sacrifice fly. A few batters later, Hall and Mike Allard scored off a single to go up 2-1.

In the next inning, the 363rd TRS' batters went

down in order, and the 365th TRS went back to business.

Jeff Zakowski scored two baserunners with a triple to pad the 365th TRS lead 5-2 and Jeremy Lueth knocked in Zakowski with a single.

By the start of the sixth inning, the 365th TRS was on top 10-2 and all signs pointed to a rout.

But the 363rd showed they still had life left in them after a single by Samuel Diaz to scored two runs to cut into the lead 10-4.

In the top of the seventh, the 365th TRS went back to work. Tony Tamborino hit a single up the middle, Zakowski walked and Lueth hit a single to score Tamorino to bring the score to 11-3.

With their last inning to make a comeback in the bottom of the seventh, the 363rd TRS was able to score, but not enough to complete the comeback.

Brandon Williamson hit a single, but was called out on the next play after his teammate hit a ball into play and he stayed on second instead of advancing to third and was called out. The 363rd TRS was able to squeeze out one more run before the game was over.



Photo by Senior Airman Chris Powell
Daniel Katris hits a ball during the 365th Training Squadron and 363rd Training Squadron student-league intramural softball tournament Tuesday.

Sports Briefing

Hotter 'n Hell volunteers

About 70 Volunteers are needed to help with the Sheppard sponsored rest stop 15 at the base community center.

Hotter 'n Hell is from 8 a.m. to 4 p.m. Aug. 28.

In the past, there were more than 4,000 participants to pass through the base.

People who are interested in volunteering can call Ms Crawford 6-3861 or Ms Jordan 6-3866.

NFL Punt, Pass and Kick

The National Football League Punt, Pass and Kick competition is at 10 a.m. Saturday at the youth baseball fields for youth ages 8 to 15 years old.

Activities will include passing for distance, kicking for distance, and punting for distance.

Participants will receive a certificate and ribbons will be awarded for first through third places.

Information is available at http://www.nfl-youth-football.com/exec/nfl_ppk/index.cfm?publicationID=23. For more information, call the youth center at 6-5437 or 6-2342.

Football Frenzy

Football Frenzy is here again and time to think about the exciting games and the opportunities to win an all-expenses paid trip to Florida for the Atlanta Falcons and Tampa Bay Buccaneers game, or a paid trip to the Super Bowl or Pro Bowl.

Other prizes will consist of plasma TVs and Microsoft Xbox systems.

Pre-season football games are at 6:30 a.m. Aug. 20, 7 p.m. Aug. 26 and Aug. 27 and at 6 p.m. Sept. 3 at the enlisted club.

The enlisted club is hosting the preseason games for Dallas at Houston at 7 p.m. Aug. 14, Dallas at Oakland at 8 p.m. Aug. 21 at and Kansas City at Dallas at 8 p.m. Sept. 2.

Football Frenzy will be every Monday night at the enlisted club.

Draft Night will begin Sept. 13 at the enlisted club to accompany the Football Frenzy.

Dallas Cowboys tickets on sale at ITT

Tickets are on sale \$38 for the upcoming Dallas Cowboy season.

Games available include: Cleveland, Sept. 19; New York Giants, Oct. 10; Pittsburgh, Oct. 17; Detroit, Oct. 31; Philadelphia, Nov. 15; Chicago, Nov. 25; New Orleans, Dec. 12; and Washington, Dec. 26.



Photo by Sandra Wassenmiller
Lamont Taylor puts up his winning lift during the Summer Bench Press Competition at the south fitness center Saturday. Taylor, while weighing 100 pounds less than some of the competitors, won the event with a 440 pound lift.

Airmen pump iron at tourney

Student benchpresses 440 lbs., more than twice his weight

By Senior Airman Chris Powell
Senator sports editor

More than 30 Team Sheppard members participated in the Summer Bench Press Competition at the south fitness center Saturday.

But it wasn't a Team Sheppard member who turned the most heads. It was Lamont Taylor who won his weight class, 198 1/4 to 220, and the entire event with a 440 pounds lift. Taylor is TDY here from Luke Air Force Base, Ariz.

"Taylor is clearly an extraordinary athlete," said Ron Brown, who won his weight class of 250 pounds and above. "His strength is remarkable, and you can tell he works hard all the time and rarely is in anything other than peak condition. His level of discipline and dedication speaks volumes."

While Taylor benched his way to the win, the other participants competed well against each other.

"The competition was very good for this tournament. This is the most people I have seen at a bench press competition in the last three years," Brown said.

"Competitions like this are great for the new military members just starting out in a weightlifting program and those of us who have been working for a while."

Airman David Johnson, who ran the event, had other reasons for its importance. "This kind of competition is important because we want to focus on esprit de corps and help raise the moral of Team Sheppard members," he said.

The next benchpress competition could be in November or February.

The other competitors who won their weight categories are:



Photo by Sandra Wassenmiller
Jason Renfre tries to get through his lift while Michael Dressman spots him during the Summer Bench Press Competition at the south fitness center Saturday

Michael Dressman won the 142 pounds and below category; Justin Puro won the 142 1/4 to 165 pounds category; Mike Camacho won the 165 1/4 to 181 pounds category; Hal Scholnick won the 181 1/4 to 198 pounds category; and Carlos House won the 220 1/4 to 250 pounds category.

Falcons open '04 campaign with exhibition against Denver

Courtesy of the Air Force Academy News Service

The Air Force women's soccer team opens its 2004 season on Friday, August 20, with an exhibition game against 2003 Sun Belt Champion Denver. The game will begin at 7 p.m. at the Cadet Soccer Stadium. Admission to all Falcons women's and men's soccer games will be free of charge this year.

Here is the team's 2004 season outlook.

Returning eight starters and 16 letterwinners off the 2003 squad that went 7-11-1, Air Force women's soccer team head coach Marty Buckley likes his team's chances of success in 2004. Buckley also welcomes 17 newcomers looking to make an immediate impact. Leading the way for the Falcons will be senior and team captain Janie Larned and fellow classmate Jennifer Rowland, who led the team in scoring a season ago.

"We've made significant strides the last few seasons and are looking to turn the corner," Buckley said. "We have a strong returning core and, adding to that, the biggest and possibly the most talented freshman class we've ever had at the Academy. We continue to play a tougher schedule every year and I believe that this team has what it takes to rise to the occasion and reap success."

Forwards:

The forward positions will be deep and talented for the Falcons as Buckley will have several options this season. Leading the way will be the senior duo of Rowland and Elaine Tatarek. Rowland is the leading striker for the Academy, leading the team a season ago with five goals and 11 points. Tatarek is another seasoned veteran having seen action in 57 games and starting all 19 matches last year. Also looking for breakthrough seasons will be junior Raegan McDowell and sophomore Brittney Perkowski. McDowell started 16 of 17 matches last year and Perkowski showed steady improvement as a freshman, starting five of six conference matches later in the season. Sophomore Melinda Mokos will also be called upon to contribute.

"We have a lot of experience at the forward positions," Buckley acknowledged. "They are a talented bunch and I expect them to score often for us."

Midfield:

With the loss of two-time All-MWC selection Cookie Day to eligibility, the Falcons will look for a pair of juniors and sophomores to step up. Juniors Meredith Benson and Amanda Cleland combined to start all but one game in 2003. Sophomore Erin Fitzpatrick appeared in 17 matches as a frosh will also be in the mix.

"We're looking for someone to fill the void left by Cookie," Buckley said. "I believe we have several qualified candidates."

Defenders:

The Falcon backfield will be the team's strongest position with the return of seniors Larned and Jennifer Ford. The duo has seen plenty of experience with 68 combined starts. Joining the seniors will be four talented sophomores. The quartet of Ashley Parker, Katie Plichta, Lindsay Temes and Alison Wood look to keep the opposing team's offense from wreaking havoc near the goal.

See SOCCER, Page 4B

Bowling

For more information, call 6-2170.

Bowling meeting

There is a Wednesday morning combo bowling league meeting at 9 a.m. Sept. 1 at the south bowling lanes. For more information, call Geneva Walker at 855-6546 or Patricia White at 855-4430.

North bowling lanes closed on Wednesday nights

The north bowling lanes will not be open Wednesday nights for the remainder of summer. The center will fully re-open Sept. 7 to be ready for the fall bowling season.

Ladie’s bowling every Thursday

Ladie’s bowling will be held every Thursday at 12:30 p.m. at the south lanes. For more information, call Donna Dobbins at 687-0472 or Vivian Umlah at 569-1619.

Rock It Bowl at the north lanes

A glow-in-the-dark Rock It Bowl takes place every Friday and Saturday night from 5 to 11 p.m. at the north lanes.

Bowling center birthday parties

The north and south bowling centers are available for birthday parties. The cost is \$2 at the north lanes and

\$1.50 at the south lanes. The cost is more at the north lanes because it features Glow Bowling. Feel free to bring your own cake and ice cream, but all drinks and other food must be purchased at the bowling center snack bar.

Community center

For more information, call 6-3866.

Jeet Kune Do classes

There are Jeet Kune Do classes from 2 to 4 p.m. Sundays at the community activity center. Cost is \$35 per month.

Tang Soo Do classes

There are Tang Soo Do classes from 6:30 to 8 p.m. Mondays and Wednesdays for people ages 7 and older. Cost is \$25 for adult members and \$20 for children members. The cost for children who are non-members is \$25. Call 6-6826 for more information.

Pool tournament

A pool tournament begins at 2 p.m. Saturday at the community activity center. Trophies will be awarded to first and second-place winners.

Chess tournament

The chess tournament is at 10 a.m. the last Saturday of every month. Trophies will be awarded to first

and second-place winners.

Pool

For more information, call 6-6494.

Water aerobics

The water aerobics class is at noon, 5 and 6:15 p.m. every Monday, Wednesday and Friday at the main pool.

Fitness center

For more information, call 6-2972.

Aerobiccenter offers classes

The aerobiccenter, located in the main fitness center, offers coed aerobics classes seven days a week.

Abdominal class
Monday, Wednesday and Friday at 11 a.m.

Cardio blast
Monday at 7:15 a.m.

Step aerobics
Tuesday and Thursday at 5:15 a.m.

Body pump
Monday at 6 p.m.
Tuesday and Thursday at 9:15 a.m.
Thursday and Saturday at 11:30 a.m.
Wednesday at 6 p.m.

Yoga and pilates
Monday and Wednesday at 10:15 a.m.
Wednesday at 5 p.m.
Thursday at 6 p.m.
Saturday at 3 p.m.
Sunday at 4 p.m.

Basic step
Monday, Wednesday and Friday at 7 p.m.
Sunday at 2 p.m.

Kickboxing
Tuesday and Thursday at 7 p.m.
Sunday at 3 p.m.

Intermediate step
Saturday at 10:15 a.m.

Advanced step
Monday, Tuesday at 5 p.m.

Combo step
Monday, Wednesday and Friday at 11:30 a.m.

TSTV

For more information, call 6-2268.

Friday, Aug. 13
10 a.m. - Famous Generals: Dwight D. Eisenhower
5 p.m. - History Of Navy: Cold War Navy (1945-64)
9 p.m. - Famous Generals: Stilwell

Saturday, Aug. 14
10 a.m. - Soldier Medic: A Proud Heritage Extending Into The 21st Century
5 p.m. - Leadership Breakfast
9 p.m. - Air National Guard - Mission And History

Sunday, Aug. 15
10 a.m. - Angels Among Them - Vietnam POWs
5 p.m. - Navy History, Part 2
9 p.m. - Level 1 Anti-Terrorism Briefing

Monday, Aug. 16
10 a.m. - Army In Action--Global War
5 p.m. - Montford Point And Beyond: A Chapter In Marine Corps History
9 p.m. - 21st Century Command and Control

Tuesday, Aug. 17
10 a.m. - Navy Marine News
5 p.m. - Famous Generals: Stilwell
9 p.m. - Leadership Breakfast

Wednesday, Aug. 18
10 a.m. - Sheppard Today
5 p.m. - Air National Guard - Mission And History
9 p.m. - Lt Clebe McClary

Thursday, Aug. 19
10 a.m. - A-76 Town Hall Meeting
5 p.m. - Level 1 Anti-Terrorism Briefing
9 p.m. - Weekly Commander's Corner



Photo by Denise Gould

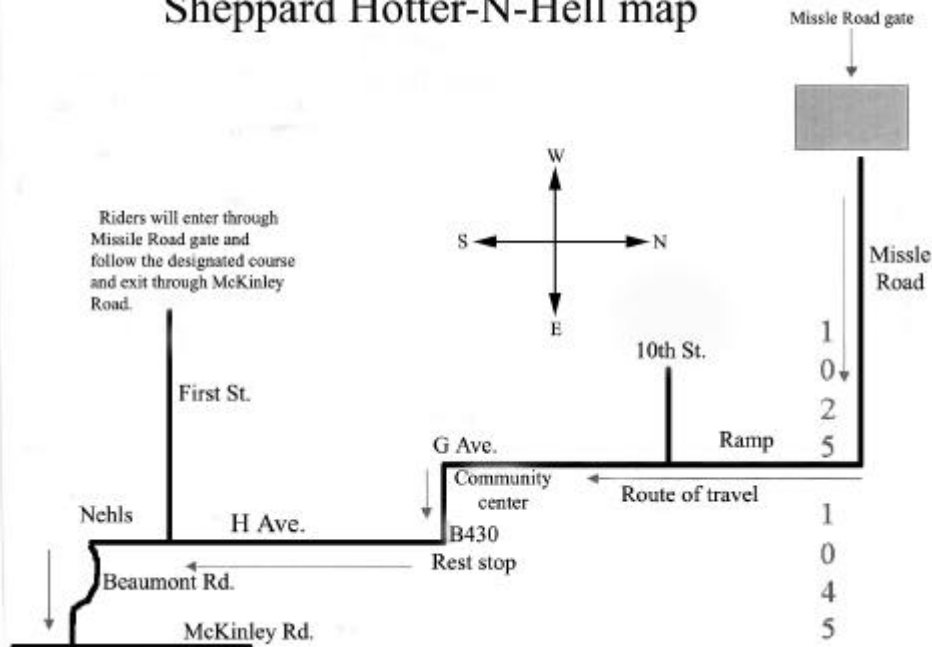
Appreciating the military

Philadelphia Eagles Tight End Chad Lewis, Wide Receiver Terrell Owens, and Quarterback Donovan McNabb, high five a line of military members after practice at Eagles Training Camp, Lehigh University, Pa., on Aug. 10, 2004. Military members were invited to the Eagles Training Camp for Military Appreciation Day.

If you’ve had too much to drink call Airmen Against Drunk Driving at 6-AADD.

If you would like to write for the Sheppard Senator sports section, call 6-1326.

Sheppard Hotter-N-Hell map



One-member Marine team wins five gold medals at meet

By Pvt. Dustin Rawls
Marine Corps Air Station Yuma

Marine Corps Air Station Yuma, Ariz. — With the 2003-2004 Commander's Cup intramural sports season coming to a close, it's time to buckle down for the final two events, the first of which was the Monday night swim meet at Oasis Pool.

Four teams participated in the meet Marine Wing Support Squadron-371, Marine Aviation Logistics Squadron-13, Marine Aircraft Group-13 and Headquarters and Headquarters Squadron.

Teams competed in the 50-meter freestyle, 50m backstroke, 50m butterfly, 50m breaststroke, a 200m freestyle relay, 200m-medley relay and 200m freestyle.

At the end of the meet, gold, silver and bronze medals were awarded to the top three teams or team members in each race based on their times in the races.

The big surprise of the evening came with the H&HS team, or lack there of. John Prindle competed in all but two events as the sole H&HS team member and snagged five gold medals in the process, winning the meet for H&HS.

"When I found out the other guys on the team had prior commitments and couldn't come, I decided instead of scratching, I'd just try to do it myself," said Prindle.

Prindle also was awarded the overall best athlete for his performance throughout the evening.

Airman hopes to turn mettle to medal

By Valerie VanKleeck
341st Space Wing Public Affairs

MALMSTROM AIR FORCE BASE, Mont. — He goes through his methodical practice steps like an intensely versed yoga master.

Reaching for his hammer, this time it's for real. His motions are as fluid as a dancer; his power as potent as a firecracker.

It lands in the dirt some 250-feet away, causing an explosion similar to doing a cannonball from a high dive. The routine is repeated.

Then the mountain of a man with the smile of a boy saunters out to retrieve his equipment so the rehearsal can be repeated.

He has been choreographing this routine for 10 years; the last 18-months as part of the Air Force's World Class Athlete Program. It is a fine-tuned routine that he hopes to turn into an Olympic medal.

First Lieutenant James Parker is in Athens, Greece, and he will participate in the opening ceremonies of the 2004 Summer Olympic games tonight as a member of the U.S. Olympic track and field team.

But he will have to wait until Aug. 20 to begin his medal quest.

It's a quest that has taken this Utah State University

stand-out athlete through two Olympic trials and numerous tournaments in between.

"Parker served notice in 2003 that he is the new force in U.S. men's hammer throwing with his first career win at the USA Outdoor Championships, and ending the campaign ranked number one nationally for the first time," says his biography on both the U.S.A. Track and Field Web site and the CBSSportsline.com athlete biography page.

Lt. Parker knows he has a tough road to travel to get to the medals platform.

Standing at 5 feet 11 inches tall and weighing 245 pounds, the services officer is small in comparison to the other international athletes he will face. He doesn't feel that it's a disadvantage, though.

"No one expects me to do anything, but hey, you never know. Anything can happen in clutch situations," he said. "The best throwers could get up there and choke. I am confident I can handle the pressure and that is definitely an advantage for me."

Another advantage he feels he has is his coaching. "I may be smaller, but over the course of my time in the world class athlete program, my coach has helped me work on my speed, strength and accuracy to make up for it," Lt. Parker said.

Attributes that are obvious while watching him prac-

tice on Malmstrom's now defunct flight line.

Does he ever get tired of training?

He admits he does.

"Throughout the year, I get tired, especially in the winter when we do a lot of conditioning and base aerobic training. The repetitive nature of the training becomes quite monotonous, especially when there are no meets to measure your progress," Lt. Parker said. "In-season training can be pretty fun. You usually come off a meet and have something to work for — a goal in mind for the next competition."

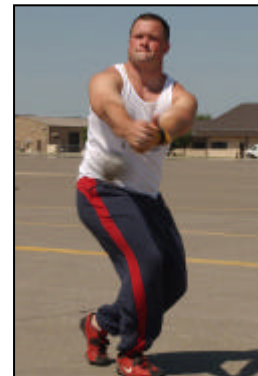
"It has been difficult having him gone, but along with that, it has been both of our goals for him to reach this point (making the Olympic team), so it has been quite exciting," said his wife, Kami.

"I make sure he eats well, is able to rest on his rest days and keep his muscles loose and healthy by giving him a massage at least once a week," she said.

Good food. Plenty of rest. Loving wife lending support. Sounds like the recipe for success.

His mettle will be measured internationally over the next few days.

"I came into the Air Force to serve my country," the lieutenant said. "To represent the Air Force and my country on the athletic side, this is the biggest honor of my life."



Courtesy photo

First Lt. James Parker, a member of the Air Force World Class Athlete Program, perfects his hammer throwing skills in preparation for the 2004 Summer Olympics in Athens, Greece.

Golf offers life lessons off fairway

By Maj. Benjamin Snow
100th Maintenance Squadron

ROYAL AIR FORCE MILDENHALL, England (AFPN) — A couple of weeks ago, my 9-year-old son took golf lessons for the first time. As a result, a lot of our evening discussions and debates were centered on golf and the finer aspects of it. This included watching the British Open whenever it was on and setting up a putting green in the middle of our living room for most of the week.

I like golf as much as most people, but it is definitely not one of my obsessions. Nevertheless, it occurred to me a person can learn a lot of life's lessons from golf.

Lesson number one: You have to know where you want to go if you want to get there.

In golf, your goal is to get the little white ball down to the green. But, if you don't keep your eye on the flag and concentrate on the issue at hand, your ball will end up on the fairway beside you.

This is true in life, too. It is so easy to watch and see what others are doing you forget to keep your eyes on what you are doing and what your goals are. Your goal may be to be a chief master sergeant, a colonel, or maybe a good parent or supervisor. If you don't keep your goals out there in front of you, you will get sidetracked and miss opportunities.

Lesson number two: Stay out of the sandtraps because it is really hard to get back out.

Have you ever really thought of what the impact of your actions will be to your

career? That one moment of "fun" could have a dramatic effect on you. It may prevent you from being a below-the-zone candidate or from getting considered for a medal or special-duty assignment. It might result in the loss of rank, or even worse, end your career.

It is so much better to stay out of trouble than to try to dig yourself out of it. Have a plan when you go out for the night, and stick to it. Don't let your friends, your emotions or a bad decision put a mark on your career that will take years to overcome. Worse yet, don't put your career in the hands of someone else. Take charge, and shape the future you want.

Lesson number three: Life is going to throw you curves, or in golf, a slice.

Be ready. A slice happens to everyone at some point in time. It is how you react to that slice and adjust your game accordingly that determine whether you win or lose. Play it safe, and get your life back on the smooth fairway. Don't compound the problem by making a risky shot and hit a tree or become lost in the woods.

Lesson number four: Follow through.

Establish your goals, set your plan of attack and stick to it.

There are 100 things that will get in your way: an unexpected temporary duty away from station, a relationship, a new job, a new boss, sports, hobbies, money — the list is endless. Everyone has issues that fight for attention. You have to figure out what is important to you, be willing to sacrifice in the short term to achieve long term-goals, and push everything else to the side and persevere.

Lesson number five: Never, ever leave the putting green in the middle of the living-room floor, or your new putter may just disappear. Of course, this may just be a life lesson for our house, but it is better to be safe than sorry.

You never know what opportunities will come or when they will come. You never know where life will take you, but if you are prepared for those opportunities, you will be ready to seize them when they present themselves.

The U.S. Air Force gives you a golden opportunity to get your education for free or at very little cost. Take advantage of the educational opportunities you are provided to make the most of your Air Force career, and secure a bright future in the years beyond. Don't miss out.

Yes, life is a lot like golf. Some days you're Tiger Woods — all your shots run straight and true, and everyone knows your name. Other days you can't get the ball 40 feet down the fairway. Life, like golf, takes constant practice, anticipation and concentration. You have to get ready for the next big tournament. Opportunities will present themselves. Be ready.

If you set your goals, stick to them, and keep your standards high, you can stay out of the sand and keep your ball on the fairway. You may get off course from time to time, but your goals and what is important to you will bring you back on course.

Dream big dreams, set high standards and goals, and enjoy the game. Maybe one day you will be playing in your own British Open.



File photo

One of the lessons you can learn from golf is You have to know where you want to go if you want to get there.

SOCCKER

Continued from Page 1B

"Our backfield is our team strength," Buckley said. "We have the depth, ability and experience to shut down the opposition."

Goalkeeper:

The Falcons lost seniors J.J. Wolf and Jennifer Monson to graduation and replacing the two will be no easy task. Wolf leaves as one of the top goalkeepers in the Academy's history, ranking in the top five in several keeper categories. Sophomore Katherine Schifani is the lone returning netminder for the Falcons and saw a lot of action this past spring.

The Newcomers:

Seventeen newcomers join the fray for the Falcons, making it AFA's biggest incoming class ever. Not only is the class large in size but also talent as Buckley foresees the fledgling Falcons making an immediate impact to the program.

"We have a great freshman class with a lot of versatile players," Buckley said. "They can all play a variety of positions and come to the Academy with some serious credentials. We could see as many as three or four freshmen vying for starting positions."

Five freshmen enter the Academy as forwards. Amanda Akimoff, Sean Henry, Danielle Jaramillo, Katherine Slogic and Ashley Snyder look to jump into the fray and contribute immediately.

Seven new midfielders will join the Falcons in 2004. Michelle Buehner, Rhett Chase, Betsy Eames, Megan Harkins, Amanda Lopez, Laura Millener and Taryn Nicolaides will look to add their talents to the midfield. Air Force welcomes three freshmen defenders. Christin Brodie, Amanda Messinger and Jessica Wager will support the deep backfield. Jennifer Drew, one of the top goalkeepers from Northern California, and Sarah Keidel will join the team as goalkeepers and immediately compete for a starting spot.